

TUESDAY: Healthy Choices Day

Main Activity: Eating Breakfast: A Smart Way to Start the Day!

Introduction

Breakfast literally means to break the fast that occurs while sleeping. Having a nutritious breakfast provides the energy your body needs in order to start the day right. Many studies show that adults who eat breakfast are more alert and attentive at work.

Goal of the activity

Encourage each employee to eat a healthy breakfast for increased energy and productivity.

Implementation of activity

1. Encourage employees to complete the quiz and eat a balanced breakfast and fill in their heart for the day!
2. Consider posting the breakfast shake recipes on the company Intranet so that if there are employees who are not participating in the entire challenge can have access to this healthy recipe!

Materials needed

- Breakfast Makes You Smart! Handout
- Rate Your Breakfast quiz
- Breakfast shakes recipes

Supplemental activities

- “Healthy lunches to go” (<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1127088710514&pagename=CHN-RCS%2FPPage%2FShellCHNResourcePageTemplate&c=Page&lang=En>)
- Have a healthy cooking demo during lunch hour for employees to come by and learn how to incorporate healthy choices into their meal planning
- Provide employees with a true/false nutritional quiz that they can do to test their nutritional knowledge
- Set up a blender in a high traffic area. The cafeteria or coffee stations are recommended areas. Get the blenders going and prepare healthy breakfast shakes or smoothie (recipes included). Hand out small samples of the shakes along with the recipe

EATING BREAKFAST IS SMART! Information Handout

A recent pan-Canadian survey conducted in July 2006 among 1,000 respondents showed that 40% of Canadians do not eat breakfast daily.¹ Although all three meals of the day are important, it is breakfast that plays the most significant role. Eating a well-balanced, high fibre, low fat morning meal has many benefits.

Research shows...

- ✓ People who eat breakfast have a greater ability to concentrate and stay focused. This is partly due to the fact that you are not distracted by an empty stomach. Children who eat breakfast have been shown to do better in school than children who don't.

- ✓ Eating breakfast helps to replenish blood glucose levels, the brain's main energy source. This improves concentration and memory.

- ✓ Eating a healthy breakfast helps to keep cholesterol levels in check and may help to reduce the risk of coronary heart disease.

- ✓ Eating breakfast reduces the risk of constipation.

- ✓ Eating breakfast is good for weight control. People who eat a healthy breakfast are less likely to snack on high fat or high sugar snacks and are less likely to overeat later in the day.

- ✓ Eating breakfast is shown to contribute to a better overall diet. Breakfast eaters are more likely to consume their daily nutrition intake. The increased vitamins, minerals and fibre may lead to lower fat consumption.

- ✓ 15-25% of our daily nutrient intake should take place at the morning meal.

¹ CROP Research. 2006. Breakfast habits of Canadians, survey conducted on the first week of July 2006.

Breakfast Tips

Give yourself some energy boost! Here are a few tips to help you prepare delicious healthy breakfasts.

Tip #1

Choose a breakfast that includes at least three of the four food groups from Canada's Food Guide. For example:

Canada's Food Guide	Healthy Breakfast Choice
Grain Products	One piece of whole wheat toast
Vegetables and Fruits	One banana
Milk and Milk Products	Glass of low fat milk
Meat and Alternatives	Boiled egg

Tip #2

Keeping your fridge and pantry well-stocked with high fibre / low fat options will make sure that you always go for healthy options.

Here are a few breakfast staples to keep on hand:

- individual servings of low fat yogurt
- 100% real fruit juice
- whole wheat bread/toast/bagel, bun
- jam sweetened with pure fruit juice
- low fat cheese slices or cream cheese
- high fibre bran or oatmeal cereal
- fresh fruit including bananas, cantaloupe, grapes, apples
- low fat milk
- cereals – look for cereals that have more than 2.5 grams of fibre and less than 2 grams of fat
- eggs
- peanut butter
- dried fruit such as apricots, prunes or raisins

Tip #3

Remember to *exercise* your high fibre – low fat options when you go out for breakfasts!

Switch From Low Fibre / High Fat	Switch To Low Fat / High Fibre
Bacon and eggs	Soft boiled egg and whole toast
Croissant	Toasted bagel, light cream cheese and jam
Waffles and Syrup	Raisin Bran cereal with 2% milk and banana sliced on top
Pancakes & Syrup	Hot oatmeal
Omelette with hash browns & sausages	Fresh fruit platter and yogurt

** Reduce the amount of butter on your toast or skip it altogether and enjoy a bit of jam, honey or peanut butter instead.

Adapted from the 2001 Activity "Thrive in 5 Challenge" by Tri Fit Inc.

RATE YOUR BREAKFAST! QUIZ

First ... write down what you ate for breakfast this morning.

Give yourself ...

5 points – if you had food from at least three of the four food groups

- *Vegetables & fruits*
- *Grain products*
- *Milk & alternatives*
- *Meat & alternatives*

5 points – if you selected whole grain breads or cereals

5 points – if you selected low fat milk products

5 points – if you avoided high fat meat products such as bacon or sausage

5 points – if you chose 100% real fruit juices

5 points – if your caffeine intake is two mugs or less

Answer: Sum up your points. If you scored 25 – 30 points ...

Congratulations on committing to a healthy breakfast!

The closer your score is to 30, the healthier your choices.

Next step: Revise your breakfast to make it healthier.

BREAKFAST RECIPES

compliments of Louise Huneault



Berry Specific Smoothie©

(makes 1 serving; about 1 ¼ C, 310 mL)

INGREDIENTS

¾ c. (95 g)	frozen blueberries or strawberries
¼ c. (60 mL)	unsweetened cranberry juice
½ c. (120 g)	low-fat or non-fat vanilla yogurt
1-2 tbsp. (15-30 mL)	honey

DIRECTION

Place all ingredients in blender in order listed. Purée until smooth.

NUTRITION INFORMATION

Approximately Per Serving:

Calories	253
Protein	5.7 g
Fat (Saturated Fat)	3.0 g (1.5 g)
Carbohydrates	55.3 g
Fiber	3.2 g
Sodium	73 mg
Cholesterol	7 mg

TIP

Smoothies taste best when served very cold. Store blender jar in freezer between uses.

PANTRY CHECK

- frozen blueberries, strawberries or raspberries
- honey
- low-fat or non-fat frozen vanilla yogurt
- unsweetened cranberry juice



Tropical Madness Smoothie

(makes 1 serving; about 1 ¼ C, 310 mL)

INGREDIENTS:

- 2 tbsp. (30 mL) frozen unsweetened orange juice concentrate
- 1/2 c. (125 mL) unsweetened pineapple juice
- ¾ c. (115 g) low-fat or non-fat frozen vanilla yogurt

DIRECTIONS

Place all ingredients in blender in order listed. Purée until smooth.

NUTRITION INFORMATION

Approximately Per Serving:

Calories	252
Protein	6.2 g
Fat (Saturated Fat)	1.2 g (.7 g)
Carbohydrates	54.5 g
Fiber	.8 g
Sodium	70 mg
Cholesterol	12 mg

TIP

For a different take on this recipe, substitute unsweetened pineapple juice with mango or papaya juice.

PANTRY CHECK

- frozen unsweetened orange juice concentrate
- low-fat or non-fat frozen vanilla yogurt
- unsweetened pineapple juice (or mango or papaya)



Peanut Banana Bliss Smoothie©

(makes 1 serving; about 1 ¼ C, 310 mL)

INGREDIENTS:

1 (100 g)	small, ripe banana broken into chunks
2 tbsp. (40 g)	fat-reduced, smooth peanut butter
½ c. (125 mL)	skim milk (or soy milk)
½ c. (75 g)	low-fat or non-fat frozen vanilla yogurt

DIRECTIONS

Place all ingredients in blender in order listed. Purée until smooth.

NUTRITION INFORMATION

Approximately Per Serving:

Calories	373
Protein	12.5 g
Fat (Saturated Fat)	10.4 g (2.7 g)
Carbohydrates	56 g
Fiber	3.8 g
Sodium	199 mg
Cholesterol	10 mg

TIP

To save time, break ripe bananas into chunks and freeze in plastic container for use in this smoothie.

PANTRY CHECK

- fat-reduced peanut butter
- low-fat or non-fat frozen vanilla yogurt
- bananas
- skim milk